



## Get Fit. **Life Tip.** Commonly Forgotten Muscles

There are approximately 640 muscles in the human body so its easy for one to forget some muscles. When working out we tend to target the larger muscles that we can visibly see such as, biceps, back, chest, quads, triceps, etc. The forgotten muscles are the hundreds of “deeper hidden” muscles (piriformis, psoas, rhomboids, etc.) that support the visible muscles. Hidden muscles are often found behind the larger muscles and they aid in stabilizing the body and assist the visible muscles to function properly.

You can activate the “deeper hidden” muscles by performing stabilization exercises (ie. using a BOSU or stability ball) and exercises working all planes of motion (ie. lateral lunges, trunk rotation, woodchops).

Learn more on how to properly engage the “deeper hidden” muscles through one-on-one training.

Learn more about Get Fit with Bill Witte at [www.bwittegetfit.com](http://www.bwittegetfit.com)

**Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.**

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